

Healthy STEPS

Preschool Parents Newsletter



Compliments of

PROMISE Years Parent Child Coalition

Working with parents, caregivers and service providers to ensure children are healthy and happy.

Contact Antoinette@204.764.4232or agravelouellette@pmh-mb.ca for more information

Early Years Feeding Tips

Breast Feeding

A mother's milk is made to provide all the necessary nutrients that help her baby to grow for the first 6 months. Healthy eating habits are recommended for everyone, including breastfeeding mothers. The whole family will benefit from eating a variety of healthy foods. No special diet is required! Good nutrition will help all new mothers feel better and have more energy.

Other Considerations

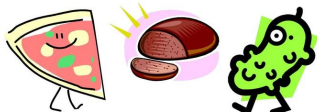
- Remember to stay hydrated! Breastfeeding mothers need around 15 cups of fluid a day. This can come from water, tea, juice, milk and in some foods.
- Limit caffeine, alcohol and fish containing high amounts of mercury.
- It is rare for a baby to react to something in the mother's diet. If you think that your baby is having a reaction, talk to your health care provider, before eliminating anything from your diet.

For older Children

- ◇ Avoid adding sugar or salt to foods and let children experience the natural flavors.
- ◇ When choosing pre packaged food and pre prepared foods check labels for the sodium content and choose foods lower in sodium.
- ◇ Children need a certain amount of fat in their diets to grow healthy.
- ◇ Fruit juices are high in sugars. It's better to give the fruit or vegetable in its natural form, as it provides necessary fiber.
 - ◇ Being a good role model helps children's eating habits.

Pizza Pickle

Pizza, pickle,
Pumpnickel,
My little guy/gal
Shall have a tickle!
One for his/her toes.
One for his/her nose.
And one for his/her
tummy where the (insert
favorite food here) goes!



Let your children help make meals, and be part of the meal routine!

For general information on breast feeding contact your Lactation Consultant, Public Health Nurse, La Leche League Leader, or Health Care Provider and/or Health Links 1-888-315-9257, Prairie Mountain Health

www.prairiemountainhealth.ca

May 2022



Hamiota Parent and Tot Yoga
March 19– May 7 Saturday mornings 10:30 to register contact recreation@hamiota.com

Rivers Mindful Munchkins
Saturday Mornings starting May 14th 9:30
Contact Recreation@Riverdale.ca
To register or call 328-7753

Neepawa Mindful Munchkins
Starts May 21st 9-11 at Arts Forward
Contact Nicole at the Rec department

Together We Can, Together We Are
Online program Open to all!
Moving to outdoors
Contact Denise @ 849-2263 or email parentinginpurple@gmail.com

Oakburn Parent/Child Play group
Eager Pioneer Club Wed. 10-11:30
Contact Sadie 821-0454

Wondering how to find out what your child needs or wants? Learn to read their map
Taking registration for Circle of Security

Healthy Baby Sessions are talking place in various ways. If you are interested please contact

Call 204-578-2545 for the most up to date information about our sessions during Covid 19.

Facilitators to contact:
Healthy Baby Carberry, Minnedosa, Neepawa
Contact Alexandra for log info 204-476-7842

Rivers, Hamiota, Birtle, Russell
Stephanie: 204-748-2321

Recognizing signs of stress in your child

Signs of stress and mental health challenges are not the same for every child or teen, but there are some common symptoms.

Infants, toddlers and young children...

*may show backward progress in skills and developmental milestones. They may also have increased problems with:

*fussiness and irritability, startling and crying more easily, and be more difficult to console.

*trouble falling asleep and waking up more during the night.

*feeding issues such as nausea and vomiting, constipation or loose stools, or new complaints of stomach pain.

*being anxious when they have to separate from their family, clinginess, not wanting to socialize, and fear of going outside.

*hitting, frustration, biting, and more frequent or intense tantrums.

*bedwetting after they're potty trained.

*aggressive behavior.

Check out what to do about it ...Dr. Jack Shonkoff of Center for the Developing Child Harvard University

<https://developingchild.harvard.edu/resources/the-brain-architects-podcast-covid-19-special-edition-a-different-world/>

Quick Tips...

Get outside! Fresh air sunshine!

Eating Healthy

Proper rest

